



Friendship Heights

VILLAGE NEWS



Amish Market

page 3

FEBRUARY 2011

301-656-2797

VOLUME 25, NO. 9



A touch of Paris at the Philadelphia Flower Show

Discover the beauty of Parisian gardens in bloom without the trip abroad as we travel to the Philadelphia Flower show on **Thursday, March 10**. This year's theme is 'Springtime In Paris' and the displays will draw from all things Paris: from the Louvre to the Musee d'Orsay and artists such as Renoir, Monet and Van Gogh. Enjoy all the spectacular displays, ranging from elaborate landscapes to individual and club entries of prize horticultural specimens. Don't miss the fabulous market place. There are also culinary demonstrations from celebrity chefs and numerous free lectures.

Lunch is on your own. You may choose to visit the the Reading Terminal

Continued on page 4

Little hands, giant hearts

Children's art workshop set for February

Want to create an extraordinary valentine? Children ages 5 to 11 are invited to join us for a morning of hearts and art on **Saturday, Feb. 12, from 10 a.m. to 1 p.m.** at the Village Center. Millie Shott, our curator and summer arts camp coordinator, will lead children through three different kinds of art projects, all inspired by

Valentine's Day. The cost of the workshop is \$15 per child. Parents are not required to stay for the workshop. However, children must have completed kindergarten to participate. Sign up at the Village Center by Feb. 9. This workshop requires a minimum of eight students. For details, call the Center at 301-656-2797.



Tea and talk: The Underground Railroad

Candace Ridington will return to the Village Center on **Friday, Feb. 25, at 2 p.m.**, to perform an original one-woman show about the Underground Railroad. Her dramatic presentation brings to life the country's first racially integrated civil rights movement as events moved relentlessly toward the Civil War. It features dramatic, cameo-like glimpses of people, both anonymous and known, who were involved.

Candace Ridington, former college teacher, has portrayed Emily Dickinson, Livy Twain, Anne Morrow Lindbergh, Clara Schumann, and Louisa May Alcott in past appearances at the Center. All are original pieces by Ms. Ridington.

After the performance, please stay for tea. Call the Center at 301-656-2797 to reserve a seat.

CHILDREN'S PROGRAMS

It's all about art!

Friendship Heights Village Center will once again host a week-long summer art camp for children **Monday, June 27 through Friday, July 1**. Children ages 5 to 10 will learn a variety of fine arts projects. The camp takes place from 9:30 a.m. to 1 p.m. daily at the Village Center, and is run by our curator Millie Shott. The cost is \$225 per child until April 30. On May 1, the price increases to \$250. Sign up immediately at the Village Center to ensure a space — this camp will fill up quickly. Children must have completed kindergarten to qualify.

Yoga for You... and your child

Shape up and spend some quality time with your child at the same time by taking our four-week Parent/Child Yoga Course this February at the Village Center.

"Starting yoga when young gives children an excellent foundation in life," said instructor Alexandra Bauer. "With their natural flexibility and sense of balance, they usually find it easy to adopt the postures and can make rapid progress."

By recognizing that children's muscles and bones are still growing, instructor Alexandra Bauer, a Village resident, customizes the class for children, making sure they get into proper poses without forcing their bodies. The class will focus on proper breathing and physical exercises as prescribed by the Sivananda Yoga Course. The hour-long class begins Thursday, Feb. 3 and continues each Thursday through Feb. 24. Class time is 3:30- 4:30 p.m.

The class is open to children ages 6 through 12, and their parents or guardians. Children must be accompanied by a parent or guardian. This is not a drop-off course.

The cost of the class is \$80, which includes instruction for both parent and child, for the four-week course. Comfortable clothes and a yoga mat for each participant is recommended. The deadline to sign up is Tuesday, Feb. 1

For more information, call the Village Center at 301-656-2797.

Volunteers Needed

Volunteers needed at Sunrise Brighton Gardens Friendship Heights: Someone to help our seniors organize the community library. For more information, call 301-656-1900.



Friendship Heights VILLAGE NEWS

www.friendshipheightsmd.gov

Email: info@friendshipheightsmd.gov

The Village News is a publication of the Village Council, the elected governing body of the Special Tax District of the Village of Friendship Heights, 4433 South Park Avenue, Chevy Chase, MD 20815, 301-656-2797. The newsletter is produced through the cooperative efforts of volunteers, Council members, and Village staff.

ADVERTISING

The deadline for reserving space for the March issue is February 5. For suggestions about news items or information on advertising rates, call 301-656-2797. Acceptance of advertising does not represent endorsement by the Village of Friendship Heights for any product or service, nor is the Village of Friendship Heights responsible for representations made by advertisers.

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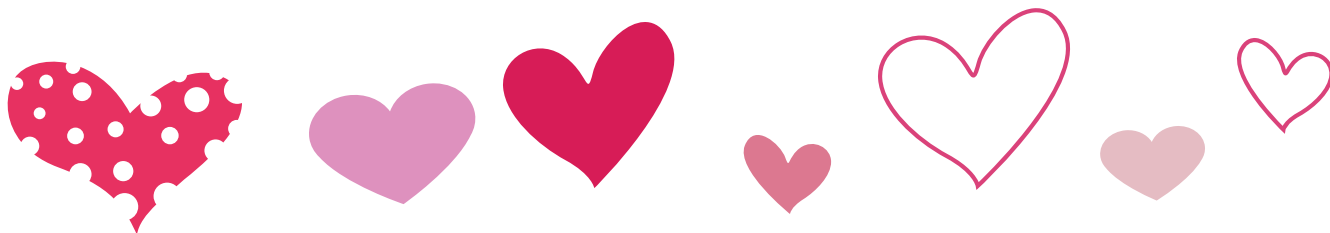
ON the GO...

An excursion to the Amish Market

Join us for a trip to the Dutch Amish Market in Germantown on **Tuesday, March 29**. If you have visited the market before you are aware of the wonderful fresh products and tempting selections that await you. If you haven't been before, join the fun! There is a delicious choice of meats, eggs, cheeses, veggies, baked goods, flowers, herbs and crafts. A restaurant is located in the market so when you want to take a break, you can enjoy a leisurely lunch (not included).

We'll leave the Center at 11 a.m. and return by 3 p.m. **The price for the trip is \$23** for transportation—lunch is on your own.

Residents may sign up at the Village Center immediately; non-residents beginning Feb. 13. There are 35 spaces available.



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Flower Show, continued from page 1

Market, just steps away from the Flower Show. Featuring more than 80 stalls and shops, The Reading Terminal Market dates back to 1892 when the Reading Railroad commissioned a food bazaar. A century later, the market continues to exhibit old and new culinary delights. Wednesday through Saturday, Lancaster's Amish cart in their goodies, including fresh farm produce, Lebanon bologna, shoofly pie and scrapple. Non-Amish vendors sell artisan breads, exotic spices, cheesesteaks, vegetarian chili and much more. Known for its hard-to-find specialties and ethnic foods, many consider a trip to Philadelphia incomplete without a visit to this National Historical Landmark.

We'll depart from the Village Center at 9 a.m. and should return by 7 p.m.

The cost of the trip, which includes transportation, admission to the flower show, and all gratuities, is \$82. The price increases to \$90 after Feb. 22.

Residents and one guest may sign up immediately; non-residents may sign up beginning Feb. 8. There are 24 spaces available.



Reminder!

Psychologist Katherine Morris will present a workshop on Feng Shui, the ancient Chinese system of aesthetics, at the Village Center on **Friday, Feb. 4, at 2 p.m.** Afterward, please stay for tea. Call 301-656-2797 to register.

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Friendship Heights Village Survey

Have you ever attended a function at the Friendship Heights Village Center?

If yes, was it a (please check all that apply):

☐ Large community-wide event (eg. July 4th, Community Day, Fall Festival)

☐ New residents party ☐ Lecture or book signing

☐ Class ☐ Trip ☐ Movie or concert

☐ Other _____

If you have not attended any function at the Center, please check the reason:

☐ You didn't know about it ☐ It didn't interest you

☐ Didn't want to go alone ☐ Day or time wasn't convenient

☐ If so, what days and times are good for you _____

☐ Other _____

Do you regularly read our newsletter, The Village News?

☐ Yes ☐ No

Any suggestions?

What would you like to see the Center provide? (please check):

☐ More social gatherings (eg.wine and cheese parties)

☐ Different kinds of trips (eg. dinners at restaurants, active outings like hikes)

☐ More programming for parents and young children?

☐ Other _____

Any other suggestions or comments _____

Age category:

☐ 21 to 35 ☐ 36 to 50 ☐ over 50

☐ married ☐ single?

☐ children ☐ grandchildren?

Please sign your name below for a chance to win a \$50 gift certificates to Clydes. ***Survey must be returned to the Village Center by March 1 to qualify for the gift certificate.*** The drawing will take place after March 1.

Name _____

Address _____

Phone number _____

PLAYING on the BIG SCREEN

All movies begin at 7 p.m.

A Note from the Program Directors

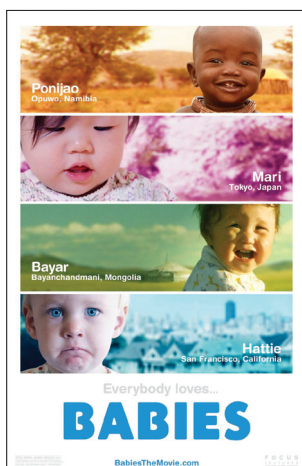
As a courtesy to our speakers, authors and performers...

• Turn off cell phones • Do not take food or drink into the auditorium • Arrive on time for all events • Unless it is an emergency, please stay until the conclusion of the program. It is distracting to others in the audience and insulting to the presenters when people walk out. Plenty of time to catch the shuttle bus will always be allowed.

Thursday, Feb. 3, 7 p.m.

— Movie — *Babies* —

Documentary filmmaker Thomas Balmes charts the simultaneous early development of four babies from different parts of the world, illustrating what makes human life unique, similar and precious wherever it occurs. Training his camera on newborns Hattie from San Francisco, Ponijao from Namibia, Bayarjargal from Mongolia and Mari from Tokyo, Balmes captures everything from first screaming breaths to first steps. Rated: PG. Running Time: 79 minutes.



Thursday, Feb. 10, 7 p.m.

— Movie — *Secretariat* —

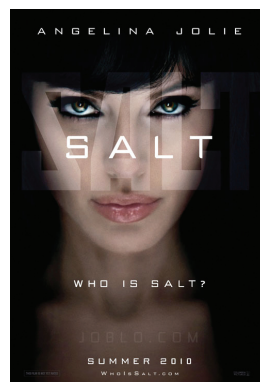
When Penny Chenery agrees to take over her ailing father's thoroughbred stable, she transforms from housewife to horse breeder -- and owner of the colt that will take the 1973 Triple Crown -- in this dramatic biopic. The film explores Chenery's bond with "Big Red" and depicts her rise to greatness as the "first lady of racing." Stars Diane Lane. John Malkovich plays trainer Lucien Laurin, and Fred Dalton Thompson co-stars as big-shot breeder Bull Hancock. Rated PG. Running Time: 98 minutes.



Thursday, Feb. 17, 7 p.m. — Movie — *Salt* —

After she's accused of being a Russian sleeper spy, rogue CIA agent Evelyn Salt goes on the run, using every tactic, accent and disguise she knows to elude her pursuers, clear her name and protect her husband.

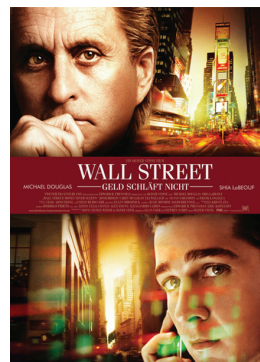
Her supervisor Winter buys her story, while counterintelligence officer Peabody decidedly does not and will do anything to stop her in this fast-paced, intrigue-filled spy adventure. Stars Angelina Jolie, Liev Schreiber and Chiwetel Ejiofor. Rated R. Running Time: 99 minutes.



Thursday, Feb. 24, 7 p.m.

— Movie — *Wall Street: Money Never Sleeps* —

Trader Jake tries to mend the broken relationship between his fiancée, Winnie, and her father, Gordon Gekko, while avenging the fate of his mentor, Lou, by getting close to Wall Street's new megalomaniac, Bretton James. Centered on the 2008 financial crisis, director Oliver Stone's follow-up is a modern-day ode to unfettered capitalism and, of course, greed. Stars Michael Douglas, Shia LaBeouf, Carey Mulligan, Frank Lagella, and Josh Brolin. Rated PG-13. Running Time: 127 minutes.



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ART and CULTURE

W. James Taylor to exhibit in February

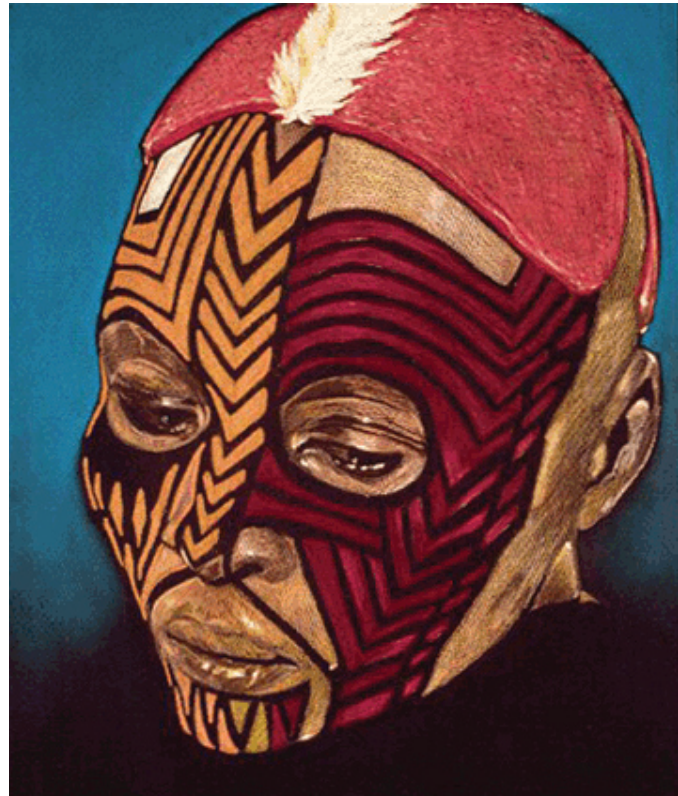
Artist W. James Taylor will exhibit his art this month in Friendship Gallery. The title of his exhibit is "Vicissitude." Mr. Taylor writes that the definition of that word is "a variation or mutability in nature or life, successive alternation from one condition or thing to another, a variation in circumstance, fortune, and or character. This art exhibition is meant to show the depth and beauty of the black race from the past, present and into the future. It is my hope that we as human beings become one – the 'Human Race.'"

James Taylor's life and art are a product of the turbulent 1960's, first as a street kid living in the Lonsdale Homes Projects and then a rock-and-roll drummer for the funk band Freddy and the Flamingos working the Motown Artist "Chittlin Circuit" and opening for such acts as Funkadelic, Bill Withers, Rufus Thomas, Johnny Taylor and Mary Wells. He later worked as a draftsman for TVA and served five years as a patrolman for the Knoxville City Police Department.

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Nubian Mask

The exhibit runs from February 1 to 26. All are invited to a reception to meet the artist on **Sunday, Feb. 13, from 11:30 a.m. to 1:30 p.m.** Mr. Taylor will perform acoustic guitar at the reception.

Art in the auditorium is occasionally not available for viewing because of activities in that room; check with the front desk receptionist when you arrive. Please note that all sales of art are final.

The Watering Hole



The Watering Hole



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Friendship Heights
Village Center



Calendar
of Events

2011

FEBRUARY						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 11 a.m.: Writing Your Life 1 p.m.: Balance and Fall Prevention 12:30 – 2:30 p.m.: Blood Pressure Screening 3 – 4 p.m.: Tea 2:30 – 4:30 p.m.: Suburban Nurse Specialist 5 p.m.: Intermediate Bridge 7:30 p.m.: Great Courses: “Thoreau”	2 9:15 a.m.: Fit 4-Ever 9:15 a.m.: Depart for Cryptologic Museum 10:15 a.m.: Yiddish 11 a.m.: Chair Exercise with Tonya 1 p.m.: Portraiture in Pencil and Pastel	3 8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 11 a.m.: Still Life Painting 11 a.m. – 4 p.m.: Village Playtime 1 p.m.: Balance and Fall Prevention 6:15 p.m.: Scrabble 6:45 p.m.: Acrylic or Oil Painting 7 p.m.: Movie: Babies	4 9:15 a.m.: Drop-in Tai Chi 10:30 a.m.: Coffee and Current Events 10:30 a.m.: Strength Training with Cheryl 1 p.m.: Water Color Painting 2 p.m.: Tea and Talk: Feng Shui	5 8:15 a.m.: Walking Club
	6 9 a.m.: Yoga 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers	7 9:15 a.m.: Fit 4-Ever 10 a.m.: Great Books 10:30 a.m.: Resistance Training For Seniors 1 p.m.: Strength Training with Tonya 2:30 p.m.: Acrylic or Oil Painting 7 p.m.: Café Muse 7 p.m.: Yoga	8 8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 11 a.m.: Writing Your Life 1 p.m.: Balance and Fall Prevention 12:30 – 2:30 p.m.: Blood Pressure Screening 3 – 4 p.m.: Tea 2:30 – 4:30 p.m.: Suburban Nurse Specialist 5 p.m.: Intermediate Bridge	9 9:15 a.m.: Fit 4-Ever 10:15 a.m.: Yiddish 11 a.m.: Chair Exercise with Tonya 1 p.m.: Portraiture in Pencil and Pastel 1 p.m.: Suburban Lecture: Diabetes Management 1 p.m.: Health Insurance Counseling 7:30 p.m.: Concert: Ming Hui School	10 8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 11 a.m.: Still Life Painting 11 a.m. – 4 p.m.: Village Playtime 1 p.m.: Balance and Fall Prevention 6:15 p.m.: Scrabble 6:45 p.m.: Acrylic or Oil Painting 7 p.m.: Movie: Secretariat	11 9:15 a.m.: Drop-in Tai Chi 10:30 a.m.: Coffee and Current Events 10:30 a.m.: Strength Training with Cheryl 1 p.m.: Water Color Painting
	12 8:15 a.m.: Walking Club 10 a.m. to 1 p.m.: Children’s Valentine Workshop	13 9 a.m.: Yoga 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers 11:30 a.m. – 1:30 p.m.: Art Reception	14 9:15 a.m.: Fit 4-Ever 10 a.m.: Great Books 10:30 a.m.: Resistance Training For Seniors 2:30 p.m.: Acrylic or Oil Painting 7 p.m.: Yoga 8 P.M.: Friendship Heights Council Meeting and Budget Hearing 	15 8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 11 a.m.: Writing Your Life 11 a.m.: Village Book Club 12:30 – 2:30 p.m.: Blood Pressure Screening 3 – 4 p.m.: Tea 2:30 – 4:30 p.m.: Suburban Nurse Specialist 5 p.m.: Intermediate Bridge 7:30 p.m.: Great Courses: “Thoreau”	16 9:15 a.m.: Fit 4-Ever 10:15 a.m.: Yiddish 12 p.m.: Black History Program 7:30 p.m.: Tales in the Village	17 8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 11 a.m.: Still Life Painting 11 a.m. – 4 p.m.: Village Playtime 6:15 p.m.: Scrabble 6:45 p.m.: Acrylic or Oil Painting 7 p.m.: Movie: Salt
	18 9:15 a.m.: Drop-in Tai Chi 10:30 a.m.: Coffee and Current Events 1 p.m.: Water Color Painting	19 8:15 a.m.: Walking Club	20 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers	21 Presidents Day Center Open 9 a.m. to 2 p.m. 10 a.m.: Great Books 10:30 a.m.: Resistance Training For Seniors 1 p.m.: Strength Training with Tonya	22 8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 1 p.m.: Balance and Fall Prevention 12:30 – 2:30 p.m.: Blood Pressure Screening 3 – 4 p.m.: Tea 2:30 – 4:30 p.m.: Suburban Nurse Specialist 5 p.m.: Intermediate Bridge 7 p.m.: Pilates	23 9:15 a.m.: Fit 4-Ever 10:15 a.m.: Yiddish 11 a.m.: Chair Exercise with Tonya 1 p.m.: Portraiture in Pencil and Pastel 1 p.m.: Health Insurance Counseling 7:30 p.m.: Concert:Eric Byrd
	24 8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 11 a.m.: Still Life Painting 11 a.m. – 4 p.m.: Village Playtime 1 p.m.: Balance and Fall Prevention 6:15 p.m.: Scrabble 6:45 p.m.: Acrylic or Oil Painting 7 p.m.: Movie:Wall Street :Money Never Sleeps	25 9:15 a.m.: Drop-in Tai Chi 10:30 a.m.: Coffee and Current Events 10:30 a.m.: Strength Training with Cheryl 2 p.m.: Tea and Talk: The Underground Railroad	26 8:15 a.m.: Walking Club	27 9 a.m.: Yoga 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers	28 9:15 a.m.: Fit 4-Ever 10 a.m. – 2 p.m.: MVA Bus 10 a.m.: Great Books 10:30 a.m.: Resistance Training For Seniors 1 p.m.: Strength Training with Tonya 2:30 p.m.: Acrylic or Oil Painting 7 p.m.: Yoga	

Shuttle bus hours

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6:40 a.m. to 9:40 p.m.
8 a.m. to 7 p.m.

Village Center Hours

Monday through Thursday
Friday
Saturday and Sunday

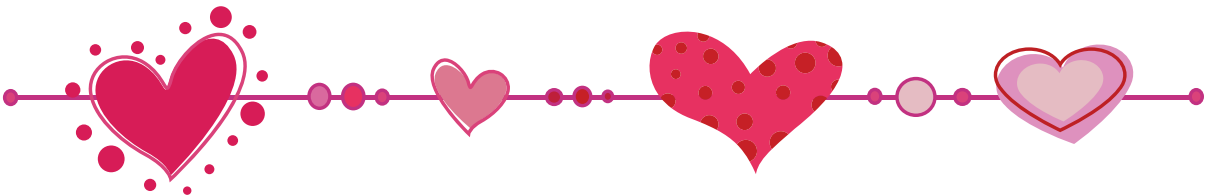
9 a.m. to 9 p.m.
9 a.m. to 5 p.m.
9 a.m. to 2 p.m.

The Friendship Heights Village Center is open to everyone. People who live or work in the Village are especially welcome.

Thank you generous neighbors!

A big thank you to all the Village residents who donated 354 pounds of canned and boxed food to county families in need. The food was delivered to Manna Food Center in Gaithersburg just before Christmas. Manna provided nutritious food to 35,908 households last year. Donated new toys were given to a church program where parents “shopped” for their children’s Christmas gifts.

The U.S. Parole Commission will host its Annual African-American History program and lunch at the Village Center on **Wednesday, Feb. 16, at 12 p.m.** This year’s theme is “African Americans and Civil War.” All are invited to attend; registration is not necessary.





CLASSES and CLUBS

PLEASE SIGN UP AT LEAST 48 HOURS BEFORE THE START OF A SESSION – A CLASS MAY BE CANCELED IF IT DOES NOT HAVE A MINIMUM NUMBER OF PARTICIPANTS REGISTERED. PARTICIPANTS MUST PAY FOR THE FULL SERIES - NO REFUNDS AFTER CLASS BEGINS.

All participants in fitness classes as well as Drop-in Tai Chi are required to sign a liability waiver when they register.

ART

ACRYLIC OR OIL PAINTING (DAY)

A 10-week course for all skill levels, taught by Doris Haskell, begins March 21. Meets Mondays from 2:30 to 4:30 p.m. Cost is \$50 for residents; \$70 for nonresidents. Session ends May 23. Maximum number of students is 16.

ACRYLIC OR OIL PAINTING (EVENING)

A 10-week course for all skill levels, taught by Doris Haskell, begins March 24. Meets Thursdays from 6:45 to 8:45 p.m. Cost is \$50 for residents; \$70 for nonresidents. Class ends May 26. Maximum number is 16.

PORTRAITURE IN PENCIL AND PASTEL

This 6-week class, taught by Marianne Winter, begins Feb. 23. Meets Wednesdays from 1 to 3 p.m. Students will concentrate on achieving likeness using photos or reproductions of artwork. Please bring a pad and pencil or pastel to the first class. Some previous experience in drawing is necessary. The cost is \$70 for residents; \$75 for nonresidents. Maximum number is 8. Last class is March 30.

STILL LIFE PAINTING

A 10-week course taught by Joan Samworth begins March 24. Class emphasizes the elements of art: line, color, texture, shape and value and is designed to meet the needs of all levels of experience. Advance at your own pace with individual

critiques and instruction. Suggested media are pastels, watercolor, acrylics, color pencil. Supply list will be handed out first day of class. Meets Thursdays from 11 a.m. to 2:30 p.m. (you may bring lunch – brown bag only). The cost is \$145 for residents; \$150 for nonresidents. Last class is May 26.

EXERCISE AND FITNESS

CHAIR EXERCISE WITH TONYA

This 8-week class begins March 16. Meets Wednesdays, from 11 to 11:50 a.m. The class, taught by Tonya Walton, is especially for people who want to tone upper and lower body muscles, as well as improve strength and energy, through chair exercises. The cost is \$82 for residents; \$89 for nonresidents. Session ends May 11 (class will not meet April 13).

PRACTICAL PILATES WITH PROPS

This 6-week class, taught by Ginger Russell, begins Feb. 22. Meets Tuesdays from 7 to 8 p.m. Pilates-based training can improve your balance, flexibility, strength as well as body alignment and awareness. Bands and ball are used for a total workout and are provided; participants should bring a yoga mat and towel. Class recommended for both beginner and intermediate levels. Please consult your physician before participating in the class. The cost is \$85 for residents and \$90 for nonresidents. Minimum number is 10-

class will be cancelled if we do not have minimum by noon on Feb. 22. Sorry- no exceptions. Questions? Email Gingerrusteach@yahoo.com. Session ends April 5 (class will not meet March 1).

SKY VALLEY TAI JI (THURSDAY)

This 12-week class begins March 17. Meets Thursdays from 9:30 to 10:30 a.m. The cost is \$80 for residents; \$90 for nonresidents. Questions? Email instructor Thomas Johnson at taijitaj7@gmail.com. Session ends June 2.

SKY VALLEY TAI JI (TUESDAY)

This 12-week class begins March 22. Meets Tuesdays from 9:30 to 10:30 a.m. The cost is \$80 for residents; \$90 for nonresidents. Session ends June 7.

STRENGTH TRAINING WITH CHERYL

This 6-week class begins Feb. 25. Meets Fridays, from 10:30 to 11:30 a.m. The class, taught by Cheryl Clark, will enhance range of motion and strengthen muscles and work on balance and posture. The cost is \$55 for residents; \$60 for nonresidents. Session ends April 1.

STRENGTH TRAINING WITH TONYA

This 8-week class begins March 14. Meets Mondays, from 1 to 1:50 p.m. The class, taught by Tonya Walton, focuses on increasing mobility, flexibility, balance, and overall strength. The cost is \$82 for residents; \$89 for nonresidents. Session ends May 2.

ONGOING GROUPS, CLUBS AND OTHER ACTIVITIES

BLOOD PRESSURE SCREENING/ SUBURBAN NURSE

A Suburban Hospital nurse offers free blood pressure screenings Tuesdays from 12:30 to 2:30 p.m. The nurse is also available for consultations Tuesdays from 2:30 to 4:30 p.m. (please note times).

COFFEE AND CURRENT EVENTS

This long-running discussion group meets informally every Friday from 10:30 a.m. to noon. Led by group members.

CONCERTS

Free live music is presented every Wednesday evening. Check the calendar and concert page for each week's performance information. No registration is required. All are welcome.

FHUN

The Friendship Heights Urban Network (FHUN) is a group dedicated to bringing together young professionals, young parents, and college students. The group organizes events such as monthly Happy Hours, barbeques, and special evenings at local restaurants. For more information, check FHUN's website at www.fhun.net.

GREAT BOOKS DISCUSSION GROUP

Book lovers participate in lively presentations and discussions of works,

usually taken from the Great Books series. Leadership is rotated among group members. Meets Mondays from 10 a.m. to noon. Contact Jean McNelis at 301-656-6695.

GREAT COURSES

Taped lectures followed by discussion. Meets alternate Tuesday evenings at 7:30 p.m. The DVD series is produced by The Teaching Company, renown for selecting gifted teachers, lecturers and historians to address their topics. Check the calendar for dates and subject matter.

HEALTH INSURANCE COUNSELING

Free assistance offered by the Maryland Cooperative Extension's Senior Health Insurance Assistance Program. Usually meets on the second and fourth Wednesdays of each month from 1 to 3 p.m. Please call 301-590-2819 for an appointment.

SCRABBLE

This group of Scrabble players meets at the Center Thursdays at 6:15 p.m. All are welcome.

TEA

Village residents and their guests are invited to tea every Tuesday from 3 to 4 p.m. Hot beverages, cookies and fruit are served by Village volunteers.

VILLAGE BOOK CLUB

The book club meets one Tuesday morning a month to discuss books chosen by the group. Members take turns suggesting books and leading

the meetings. Dates and book titles are announced in the newsletter. All are welcome.

VILLAGE PLAY TIME

Children of all ages are welcome to be together at the Village Center most Thursdays from 11 a.m. to 4 p.m. Games, toys and play equipment will be set out in the auditorium for their enjoyment. Children must be accompanied by a caregiver, friend, or family member over age 13.

VISION SUPPORT LUNCH AND LEARN

A partnership of the Prevention of Blindness Society of Metropolitan Washington and the Village of Friendship Heights. Meets the third Tuesday of the month at 12:30 p.m. for a brown bag lunch and discussion with an invited speaker. Contact Janet Morrison at 301-538-9358 for more information.

WALKING CLUB

Leaves the Center every Tuesday, Thursday and Saturday at 8:15 a.m. for a walk through a nearby neighborhood. Contact Helen Davis at 301-718-6340 for more information.

YIDDISH

Meets Wednesdays at 10:15 a.m. to speak and read in Yiddish. Contact Maurice Singer at 202-362-0883 for more information.



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CONCERTS

Concerts are held from 7:30 to 8:30 p.m. on the second, third and fourth Wednesdays of the month during the months of January, February and March. The second and fourth Wednesdays feature musical performances while the third Wednesday features storytelling. Performances are held in Huntley Hall of the Village Center.

Storytellers draw enthusiastic audience at the Center

In January, the Friendship Heights Village Center kicked off a new aspect of its Wednesday night concert series with the introduction of "Tales in the Village." The inaugural presentation, featuring Noa Baum, Linda Fang, and Ellouise Schoettler, drew an enthusiastic audience that packed the house.

Wednesday, Feb. 9 — Chinese Dancers from the Ming Hui School — Celebrate the beginning of the Chinese New Year with a performance by students from the Ming Hui School of the Asian Community Service Center. The students will present traditional Chinese Dances in traditional costumes.

Wednesday, Feb. 16 — Tales in the Village: Storytelling featuring Megan Hicks with 'Gutsy Broads' — A master of the spoken word, Megan has won national awards for live performance (National Storyteller of the Year) and audiobook production (Parents' Choice, Parents' Guide to Children's Media, StorytellingWorld). Megan's childhood passion for origami has developed into a wildly successful hands-on paperfolding/ storytelling workshop — Folding Under Pressure with the Origami Swami. Tonight's performance, "Gutsy Broads," focuses on stories of strong women.

Wednesday, Feb. 23 — Eric Byrd — Pianist and vocalist Eric Byrd has been playing professionally for more than 20 years. He has performed with Wynton Marsalis, Mike Stern, Keter Betts, Paul Carr, Buck Hill, Ethel Ennis, Marlena Shaw, Charlie Byrd and Ernie Andrews, to name a few. His Eric Byrd Trio plays traditional jazz and was chosen as the Kennedy Center/U.S. State Department Jazz Ambassadors. The trio has toured Colombia, Bolivia, Chile, Peru, Honduras, and Trinidad. It has also performed in music festivals in Switzerland, The United Arab Emirates, Estonia, Italy and Scotland. Locally the trio has performed at Blues Alley, The Kennedy Center and the East Coast Jazz Festival.

Every third Wednesday, "Tales in the Village" will host local and national storytellers. The performances will begin at 7:30 p.m. and last one hour.

During the coming months, the program will welcome nationally acclaimed storytellers Megan Hicks and Slash Coleman.

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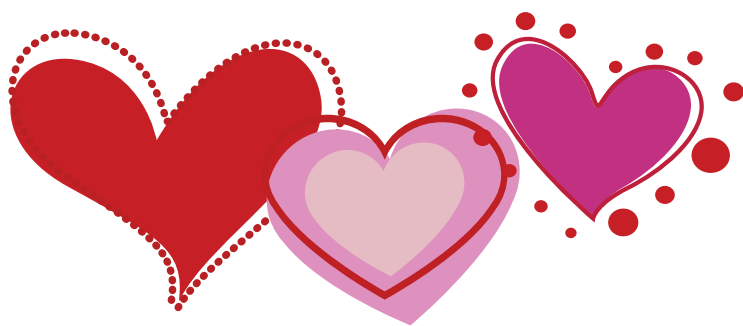


TO YOUR HEALTH

Diabetes Management

According to the American Diabetes Association, there are approximately 24 million people with diabetes and 57 million people with pre-diabetes in this country. Join Suburban Hospital's Certified Diabetes Educator, Maria Chamberlain, RN, for a review of practical diabetes management skills at this month's Suburban Health Lecture at the Village Center on **Wednesday, Feb. 9, at 1 p.m.**

There is no cost for the talk, but **please** call 301-656-2797 to let us know if you plan to attend.



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Café Muse presents...

This month's Café Muse, on **Monday, Feb. 7, at 7 p.m.**, presents poets Melissa Stein and Merrill Leffler.

Melissa Stein is the author of *Rough Honey*, winner of the American Poetry Review / Honickman First Book Prize in 2010. Her poems have appeared in *The Southern Review*, *New England Review*, *Harvard Review*, and many other journals and anthologies.

Merrill Leffler is the author of three collections of poetry, *Partly Pandemonium*, *Partly Love*, *Take Hold*; and *Mark the Music*, which is forthcoming this summer. He has guest edited an issue of *Poet Lore* on Israeli poetry, an issue of *Beltway*; and two issues of *Shirim: The Poetry of Eytan Eytan*, which he co-translated with Moshe Dor from the Hebrew.

Café Muse opens at 7 p.m. with classical guitar by Michael Davis; readings begin at 7:30. Attending poets are invited to participate in an open reading that concludes the program. A sign-up sheet will be available at 7 p.m.

Café Muse is presented by The Village of Friendship Heights and The Word Works, a nonprofit literary organization that has sponsored public programs for over 30 years. For more information visit www.word-worksdc.com.

The Village Book Club will meet this month on **Tuesday, Feb. 15, at 11 a.m.** The book selection is *Bel Canto* by Ann Patchett.

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February is National Children's Dental Health Month. Dental Caries (cavities) is the most common chronic childhood disease! It is 5 times more common than asthma. This is

why all children should go at least twice a year to the dentist, starting by the 1st birthday or 6 months after the first tooth comes in. The dentist will establish "Dental Home", which is the ongoing relationship between the dentist and the patient delivered in a comprehensive, coordinated, family centered way. These regular visits will include caries risk assessments, individualized preventive strategies, and home care guidance. As soon as the baby's teeth come in they must be cleaned using a soft cloth or baby's toothbrush once a day before bedtime checking for spots and stains. Feed the baby foods without sugar, fruits and vegetables as snacks, and save cookies and treats for special occasions. Don't put the baby to bed with a bottle containing milk, formula, juice or soda since they have sugar in them. Give water if you put the baby to bed with a bottle. By the 1st birthday teach your baby to drink from an open cup. Between feedings don't give the baby a bottle or sippy cup with sweet drinks to carry around. Also caregivers must go to the dentist, since bacteria that produce caries can be transmitted to baby through close contact with or without exchange of saliva. Healthy teeth start with prevention at an early age.

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Village Council Corner

Village Council Rings in New Year

Council member Bob Schwarzbart (right) welcomes hundreds of residents and guests to our annual New Year's Day Open House at the Village Center.

This is one of four seasonal Village events sponsored by the Council every year. In April, we will celebrate the 25th anniversary of the Village Center on Community Day. On July 4 we salute America's birthday with food, music, and



Other Council actions at the January 10 meeting:

- Introduced Proposed Budget for FY2012.
- Awarded contracts for landscape maintenance.
- Approved scope of lease proposal for 4602 North Park Avenue property.

fun. And on September 17 join us for the fifth annual Taste of Friendship Heights, featuring a wide variety of area restaurants.

At right, Maryland Attorney General Doug Gansler chats with former Village Mayor Alfred Muller. Below, a group of residents enjoy the food catered by Ridgewells.

Photos by Joel Williams



Friendship Heights

VILLAGE NEWS

Friendship Heights Village Center
4433 South Park Avenue
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February 2011 events calendar